

Farm to Pre-School Cycle Menu – Fall Cycle

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1 Grilled Chicken Breast WG Bun Sweet Potato Fries Grapes, Cut in Half	Spaghetti & Meat Sauce Breadstick Green Beans Pear Slices	Chicken Fajita *Mixed Greens Salad *Apple Rings or Slices Brown Rice	Chili and Crackers Cornbread Roasted Zucchini Kiwi	Cheese Pizza Sweet Corn Strawberries
Week 2 Sloppy Joe on WG Bun Carrot sticks Baked Beans Applesauce	Mac & Cheese *Peas Grapes, Cut in Half WG Roll & Jelly	Soft Shell Taco Salsa Refried Beans Cantaloupe	Hamburger Gravy Mashed Potatoes Green beans Dinner Roll Pear Slices	Roasted Chicken Dinner Roll *Spinach Tomato Salad *Apple Rings or Slices
Week 3 Deli Combo Sub Carrots & Dip *Apple Rings or Slices Pasta Salad	Goulash Breadstick Broccoli & Cauliflower Mixed Fruit	Quesadilla w Salsa Spinach Tomato Salad Refried Beans Pear Slices	Baked Fish Dinner Roll & Jelly Baked Sweet Potato Sticks Watermelon	Turkey Burger on WG Bun Garlic Mashed Potatoes Green Beans Banana
Week 4 Cheeseburger on WG Bun Roasted Potato Wedges Grapes, Cut in Half	Chicken Alfredo Steamed Broccoli Mandarin Oranges	Taco Salad w/ Mixed Greens Tortilla Chips Black Bean Salsa Watermelon	Roasted Turkey Mash. Potato & Gravy Green Beans Dinner Roll Cranberry Sauce Applesauce	Turkey Wrap *Carrots & Dip Pears Slices
Week 5 BBQ Pork Sandwich Roasted Potato Wedges *Coleslaw Cantaloupe	Lasagna Breadstick Green Beans Watermelon	Beef Burrito Refried Beans Mixed Greens Salad Salsa & Sour cream Grapes, Cut in Half	Chicken Vegetable Rice Bowl *Peas Apple Rings or Slices Yogurt	Ham & Cheese Sandwich *Carrots & Dip Strawberries

Modified from Northeast Iowa Farm to School Cycle Menu by Iowa Team Nutrition

Grows in Iowa and can be served in CACFP. Recipe source is available at [Northeast Iowa Food & Fitness Initiative](#).

*Some fresh fruit and vegetables need an alternate for 1-3 year olds due to choking hazard, e.g. canned fruit, applesauce, or cooked vegetables.

Please Note: All meals include 1% or skim milk.